

May/June 2016



## Some fun stuff comin' up!

### **The 2016 UMAC Masters Terrapin Cup & 2016 Colonies Zone LCM Championships**

will be held at the University of Maryland, College Park on July 8-10. The online entry form (our preferred method of entry) can be found via the link below. Online entry deadline is 7/2.

[Click here](#)

Despite not telling anyone about this meet so far, we have about 30 folks who have signed up already, including swimmers from California and Florida. For those attending Summer Nationals, this is a great opportunity to either get a gauge for your training or get that last QT before the nationals entry deadline; if you are not attending nationals, this is a great facility for a good shave/taper swim or two!

### **Jason Nessel Memorial Invitational**

is Sunday, August 7 Rahway River Park follow link for more info ....

[NJ Masters - Swim Competitions](#)

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Swim University  
Grads page 7**

***USMS  
Check off  
Challenge  
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## NJ LMSC VOLUNTEERS

### Chair/Secretary

**Susan Kirk**

908.313.6785 [sqkirk@gmail.com](mailto:sqkirk@gmail.com)

### Vice Chair

**Chris McGiffin**

908.630.0166 [CMcGiff@aol.com](mailto:CMcGiff@aol.com)

### Treasurer

**Bill Reichle**

908.587.2053 [ReichsSwim@aol.com](mailto:ReichsSwim@aol.com)

### Co-Registrars

**Tom Brunson**

973.279.7153 [tombunson@optonline.net](mailto:tombunson@optonline.net)

**Chris McGiffin**

908.630.0166 [CMcGiff@aol.com](mailto:CMcGiff@aol.com)

### Sanctions & Safety Chairman

**Jen Bauman**

973.219.9404 [swimmerj@optonline.net](mailto:swimmerj@optonline.net)

### Top Ten Records

**Ed Tsuzuki**

908.371.9179 [edtsuzuki@comcast.net](mailto:edtsuzuki@comcast.net)

### Newsletter Editor/Design

**Sara Harrison Johnston**

908.267.5494 [aras33@comcast.net](mailto:aras33@comcast.net)

### Open Water Co-Chairs

**Marie Vellucci**

646.641.4236

[marielovestoswim@aol.com](mailto:marielovestoswim@aol.com)

**Sarah Clark**

201.248.5659 [saritaylor71@gmail.com](mailto:saritaylor71@gmail.com)

### Event Coordinator

**Lynn Ascione**

201.825.0328

[lynnascione@optonline.net](mailto:lynnascione@optonline.net)

### Coaches Chair

**Julie Schoenlank**

[nyswim02@yahoo.com](mailto:nyswim02@yahoo.com)

### Fitness Chair:

**Linda Brown-Kuhn**

908.479.1038 [lindabk11@gmail.com](mailto:lindabk11@gmail.com)

### Webmasters

**Bridgette Hobart**

[bhobart@ptcllc.com](mailto:bhobart@ptcllc.com)

**Jason Pintinalli**

[jpintinalli@ptcllc.com](mailto:jpintinalli@ptcllc.com)

**Colleen Driscoll**

[distswim@aol.com](mailto:distswim@aol.com)

### Officials Chair

**Marie Vellucci**

646.641.4236

[marielovestoswim@aol.com](mailto:marielovestoswim@aol.com)

## Calendar 2016

### Ongoing Events

**January 1—December 31** USMS *Go The Distance* 2016 Fitness Event. Go to <http://www.usms.org/fitness/content/gothedistance> to enter this **free** event.

**January 1—December 31** USMS "Check-Off Challenge" National Fitness Event Postal event designed to motivate swimmers to complete 18 "pool" events and an "open water swim" during the 2016 calendar year. [Information](#) includes online and paper entry.

**Postal event 2016** Check-Off Challenge

### New Jersey Events

**December 1 - May 31** ~NJ Masters Swimming Virtual Fitness Program -- Swim University

New Jersey Events

**Sunday, August 7, 2016** — The 2016 Jason Nessel Memorial Invitational LCM meet is scheduled for at the Walter Ulrich Pool in Rahway, NJ. [NJ Masters - Swim Competitions](#)

**Saturday, September 10** — Last Chance Swim Cranford Pool and Fitness Center

For open water info click :

[2016 Colonies Zone Open Water Calendar!](#)



# Happy Birthday May June Swimmers!

## MAY Birthdays

Cem Akcelik  
Richard Alexander  
John Anelli  
Lynn Ascione  
Yves Baeyens  
Janice Baker  
John Baliko  
Karen Barbosa  
Jodi Barrish  
Jackie Bauer  
Lisa Baumann  
Clare Baxter  
Laurie Beland  
Christine Biondi  
Robert Bohack  
JoAnn Bohenek  
Tink Bolster  
Penny Boorman  
Bodo Borgards  
Adam Boross  
Nick Boyle  
Barbara Burton  
David Calabrese  
Julius Carallo  
Fred Caravousanos  
Lori Carlo  
Rebecca Casey  
Mickey Cassu  
Alberto Catano  
Barbara Christianson  
Dylan Cohen  
John Cummings  
Asabi Davis  
Kara Davis  
Arnold DeGarcia  
Dionne DeGourville  
Robert DeLucia  
Vincent DelCid  
Matthew Donovan  
Jim Dragon  
Gary Dunchus  
Thomas Edwards  
Nkechi Ejimadu  
Irene Fisher  
Orlando Fonte  
Stanley Fromhold  
Lan Ge  
Jonathan Gellman  
Michael Gemelli  
John Giancola  
David Goldberg  
Jennifer Grant  
Ljiljana Harding  
Clare Hollywood  
Bob Hopkins  
Marybeth Jacob  
Stephen Johnson  
Sara Johnston

Katherine Koch  
Thomas Koehler  
John Krut  
Stephen Kunen  
Joan Landers  
Alexey Logvinov  
Robert Lougy  
Kenn Lowy  
William Mackolin  
Andrew Maggion  
William Mazza  
Patrick McElroy  
Julie McLaughlin  
Sean McLiverty  
Randolph Messina  
Linda Milburn-Pyle  
Heidi Miller  
Patric Mills  
Aaron Moore  
Cara Murphy  
Elizabeth Myer  
Kevin Nervi  
Jim Osman  
Helen Paone  
Brent Petty  
Taylor Porter  
Kelly Quinn  
Arun Rao  
Rip Reeves  
Ana Reyes  
Ramon Reynoso  
Sara Robb  
Allison Rozsits  
Neal Rubin  
Jose Saud  
Andi Sawin  
Jeffrey Schobel  
Gail Seelig  
Daniel Shulman  
Jennifer Stratton  
Christopher Swenson  
Amy Taylor  
Brad Thornton  
Ann McKay Thoroman  
Brad Tidwell  
Kate Truncale  
Charlotte Vigeant  
Maurice Vivanco  
Peter Vratimos  
Jerri Walker  
Richard Walshe  
Arthur Wein  
Erik Werfel  
Sanford White  
John Wilson  
Fred Yang  
Donna Zak  
Natalie Zuccarello

## JUNE Birthdays

Philip Allocco  
Thomas Alne  
Jerry Ambroise  
Gail Bialostok  
Simon Bintley  
Raymond Boffardi  
Kimberly Boyd  
James Braddock  
Linda Brown-Kuhn  
Richard Callaghan  
Gerri Callahan  
Bruno Camara  
Andrew Capers  
Cori Caporimo  
Bob Cashel  
Rafael Castillo  
Stephanie Chamberlain  
Tim Christian  
Kristen Clark  
Kari Clayton  
D. Lindsay Conner  
Arthur Costanzo  
James Curd  
Ryan Curran  
Michelle Davidson  
David DeSimone  
Benai Dickinson  
Guy Dorgan  
Eileen Egan  
Kelly Eid  
John Esser  
David Fabian  
Brent Ferguson  
Amy Ferris  
Michael Fontana  
Sharlene Forbes  
Sandra Ford  
Peter Furniss  
Kathryn Gardner  
Amanda Ghosh  
Chuck Graf  
William Haynes  
Ralph Hemecker  
Robert Hengeveld  
Erin Henricksen  
Gregg Heubach  
Christine Hill  
Graham Hill  
Marcy Hirschfeld  
Peter Hockmeyer  
Erling Hoie  
Ray Hurst  
Stacey Irvine  
Eric Israel  
Richard Kahn  
Gregory Kelly  
Jeremy Kim  
Susan Kirk

Patricia Kneeland  
Mary Konsolaki  
Kristin Krauss  
Joseph Lacus  
Elizabeth Levensgood  
Carolyn Loudermilk  
Martha MacNabb  
Andrew Macchia  
Kim McCavera  
Diahann McFarlane  
Kevin McGee  
Elizabeth Melillo  
Katie Murtaugh  
Meika Neblett  
Debra Noble  
Susan Nugent  
John O'Connell  
James O'Day  
Michael O'Donoghue  
Susan Olesky  
William Oliver  
Regina Papini  
Kathleen Pappas  
Andrew Pearson  
Ellen Pease  
Stephen Pinchac  
Derek Pivko  
Rob Rebak  
Erin Reddan  
Melissa Reynolds  
Corey Roberts  
Bryce Rosner  
Michael Rudnick  
Ellen Ryan  
Gilda Schultz  
William Segal  
Julie Sheaffer  
Emily Sherrard  
David Siconolfi  
Gertie Sloan  
Lauren Sohn  
Sonia Soomro  
Michele Sprietsma  
Gail Stevancsecz  
Joanna Telacka  
Karthikeyan Thiagarajan  
Robert Toedter  
Carrie Treadwell  
James Turney  
Matthew Vella  
Sarah Wagner  
Donald Walsh  
Barbara Wattenbach  
Jennifer Weiss  
Cynthia Wells  
Steven Wilson  
E Dieter Wunderlich  
Clifford Young

# Preparation for Open Water Swimming

By Marie Vellucci

In order to be prepared to be successful in open water swimming one has to be both physically and mentally ready.

There are a number of things a swimmer can do to be prepared physically. For a mile event one should be able to swim a mile and a half in the pool without stopping. Secondly, one should practice 200's freestyle alternately swimming and pulling breathing in a 5,7,7,9 pattern per 200. Thirdly, more than likely you will breathe on 2,3,4 's in the ocean race and this will not bother you since you did hard breathing in the pool. Fourthly, one should do flip turns when doing freestyle breathing after taking a full stroke after the turn. Fifthly, do IM based swimming thru April. After April do two thirds free and the rest stroke. Sixthly, most swimmers do not need wet suits from July to September. Some swimmers need a wet suit in June and October. Most swimmers need a wet suit in May and November. Swimming outdoors from December to April is for polar bears only!

In addition to be physically prepared one has to be mentally prepared. Open water swimming can be easy, in between, or hard, but remember it is this way for everyone in the race, not just you. Ocean swimming is like a box of chocolates (Forrest Gump), you never know what you are going to get. You need to be confident and just do it (Nike)! Lastly if the conditions are bad, the race director will cancel the race.

I hope this information will help you do ocean swimming better. Remember to have fun and be safe when you are swimming in the ocean!

[NJ LMSC 2016 Colonies Zone Open Water Calendar](#)



**Author Marie Vellucci**  
**Wall High School Ocean Mile 2014**  
**Sea Girt, New Jersey**



# Kudos Kudos Kudos!!

May 10, 2016 - Congratulations to the following NJ LMSC swimmers who set new NJ LMSC SCY records at the 2016 Nationwide USMS Spring Nationals meet at the Greensboro Aquatic Center (NC) on April 28 to May 1, 2016. **Women 45-49:** Michelle Davidson (45) 200 back - 2:21.47; **Women 50-54:** Lorna Cialdella-Morehead (51) 200 IM - 2:30.54; **Men 50-54:** Jose Faria (50) 200 back - 2:14.52, 200 IM - 2:09.48, 400 IM - 4:48.35; Chris McGiffin (50) 1650 Free - 19:05.00, 200 Fly - 2:18.61; William Segal (51) 100 Free - 49.82, 200 Free - 1:51.07, 500 Free - 5:08.16; **Men 60-64:** Christopher Gibson (60) 1650 Free - 18:54.67; Ken Niemi (61) 200 Back - 2:28.34

May 10, 2016 - Congratulations to Janet Moeller (81) who set a new NJ LMSC SCY record in the Women's 80-84 age group at the Rowan College at Burlington County Meet (NJ) on April 3, 2016. Janet swam the 200 yard butterfly in 6:00.00.

A special congratulations to our USMS National Champions: Kristopher Farreny (30) in the 100 (49.05), 200 (1:45.86) and 500 free (4:53.92) William Segal (51) in the 50 fly (24.89)

Congratulations to the following NJ LMSC swimmers who set long distance records in 2015 and 2016. At the Betsy Owens Memorial 2 mile cable swim in Lake Placid, NJ on August 15, 2015, Lori Freehand-Morris (53) set a new record in the 50-54 age group with a time of 54:47.14 and Beth Maloney (64) lowered her own record in the 60-64 age group with a time of 1:03:54.24.

For this year's (January, 2016) One Hour ePostal National Championships, the following swimmers set new NJ LMSC records: Women 40-44: Lori King (40) - 4,645 yards, Men 18-24: Timothy Bosse (22) - 5,050 yards, Men 50-54: Thomas MacNabb (50) - 4,605 yards, Men's Relay 18+: Flipside Aquatics - 14,400 yards (John Franklin (28), Ryan O'Shaughnessy (25), Timothy Bosse (22)

Congratulations to Eric Materniak (24) who broke his own record in the Men's 18-24 100 meter (LCM) breaststroke with a 1:05.63 at the 2016 Summer Solstice meet held at the Rutgers Sonny Werblin Rec Center on June 12, 2016

## The USMS Check off Challenge

is a great motivational tool to encourage your Master Swimmers of all abilities, speeds, and intentions to attend practices and to learn all strokes and improve their stroke techniques.

The theme is ,

"Think like a human, swim like a fish"

which is written on the cap and towel. The towel and certificate have all 18 pool events listed plus one open water swim of any distance or location. As each participant accomplishes each swim event wherever this occurs (practice or meet or elsewhere), the swimmer can mark off or "check off" the event using pen on certificate and permanent marker pen on towel with fish design to indicate successful swim of that event. The fish has scales and each scale lists an event. It sounds confusing, but it is not. The fitness swimmer will enjoy a feeling of accomplishment and can

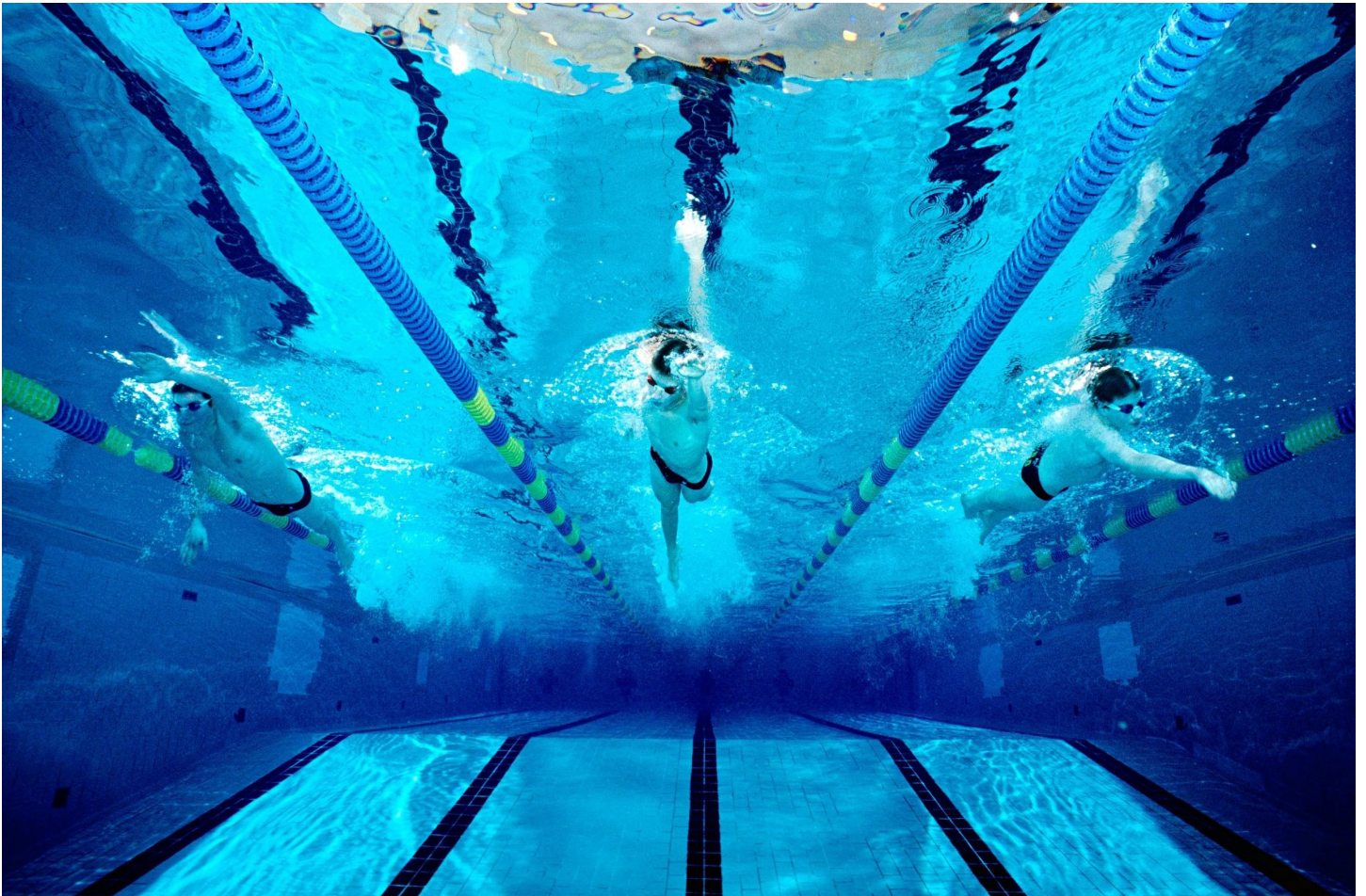
sport this success indicated on the towel or certificate as well as the competitive swimmer who may only check off events swam at sanctioned meets with official times or even more targeted at only checking off personal bests at sanctioned meets as a personal reward. It is an organized and fun way to see all the different events enjoyed that calendar year and to serve desires of the swimmer. Coaches can give recognition to swimmer and make an award out of the completion. It can be customized to fit the desires of the coach of the swim group.

The price is \$30 per participant for the towel, cap, and certificate including handling and shipping all done by Cal Pro Sports for the Long Beach Grunions who are hosting this event.

Just click on the link below to view the cap, towel and certificate and sign up to participate.

Feel free to call or email me if you want to talk or need more details. I would love to hear what you think about the Check off Challenge!

[Click here](#)





# Let's Hear it for the Grads!



Swim University 2016 wrapped up on May 31<sup>st</sup> and this year boasted a stellar graduating class. Over the six months, the 39 swimmers logged 6,583.37 miles! James Ryan topped the pack with a mind boggling 563.82 miles! This betters the 2015 Swim University class whose 33 swimmers logged in 5,456.93 miles. Next year let's aim for more than 7,000 miles. Graduates received a sharp drawstring bag with the Swim University logo courtesy of the NJ LMSC and an official diploma. Kudos to all the following graduates:

## PhD of Swimology (240 miles +)

Lynn Ascione 388.32  
Jennifer Bauman 371.31  
Irene Fisher 306.30  
Robert Gatto 276.91  
Peter Langham 291.77  
Susan Kirk 272.87  
Pia Lord 263.77  
James Ryan 563.82

## Master's in Swimming (120 miles +)

Patti Bell 141.98  
Dongho Choi 217.55  
Sharon Danzger 170.74  
Asabi Davis 146.02  
Catherine Maloney 169.29  
Matthew Gann 173.46  
Lan Ge 131.75  
Mark Haftkowycz 146.21  
Kathy Kelly 138.34  
Beth Maloney 228.54  
Francesca Mancuso 131.78  
Curtis Miller 171.89  
Arun Rao 155.63  
Bill Reichle 181.48  
Sandra Seddon 155.98  
Gail Seelig 162.66  
Aaron Smith 191.45  
Ed Tsuzuki 200.29  
Marie Vellucci 136.50

## Bachelor's in Swimming (60 miles +)

Linda Brown-Kuhn 67.22  
Sally Kleeman 104.43  
Larry Lengle 81.84  
David Nash 73.00  
Julie Schoenlank 91.13  
Erik Werfel 74.69

## Associate's in Swimming (30 miles +)

Richard Cruz 50.35 miles  
Susan Gibson 32.60  
Paula Pycrz 30.20  
Cathy Signorin 48.64

## "A" for Effort

Fay Bizub 17.31  
James Mullaney 25.35



# Jersey Shore



**We'd love to see  
more pics  
— send 'em in!  
[aras33@comcast.net](mailto:aras33@comcast.net)**

